

Fish Recipe

Bluegill Fillets

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Ingredients:

- 1-pound Bluegill fillets
- salt and black pepper
- 1 egg
- 1 Tbsp. milk
- ½ cup all-purpose flour
- Vegetable oil



Dip both sides of the fish fillets into the egg wash.



Then, coat with flour.

Steps

1. Sprinkle Bluegill fillets with salt and black pepper.
2. Beat egg and milk in a bowl. Measure flour into a second bowl. Dip both sides of the fish fillets into the egg wash. Then, coat with flour.
3. Heat oil (½ inch) in a 10-inch skillet over medium heat for about 2 minutes. Fry fish in oil for 6- to 10-minutes, turning once, until fish is white and flakes easily with a fork. Cook until brown on both sides. Drain on paper towels.



Fry fish in oil for 6- to 10-minutes.



Cook until brown on both sides.

Fish Recipe

Whole Trout

Whole Trout

Ingredients:

- 2 tsp. olive oil, or to taste
- 2 whole trout, dressed
- ¼ tsp. dried dill
- ¼ tsp. dried thyme
- salt and black pepper
- ½ large onion, sliced
- 2 thin lemon slices
- 2 Tbsp. hot water

Steps

1. Preheat the oven to 400-degrees F. Grease a 9x13-inch baking dish with 1 tsp. of olive oil.
2. Place trout in the prepared baking dish. Coat the trout with olive oil. Season the inside and outside of the fish with dill, thyme and salt. Stuff the fish with onion and lemon slices. Sprinkle black pepper over the top of the fish.
3. Bake the fish in the preheated oven for 10 minutes. Add water to the dish. Continue baking until the fish flakes easily with a fork, about 10 minutes more.

